

# One Way Journey

BETTER MENTAL AND EMOTIONAL HEALTH WITH TRAVEL



## MEDIA KIT 2021

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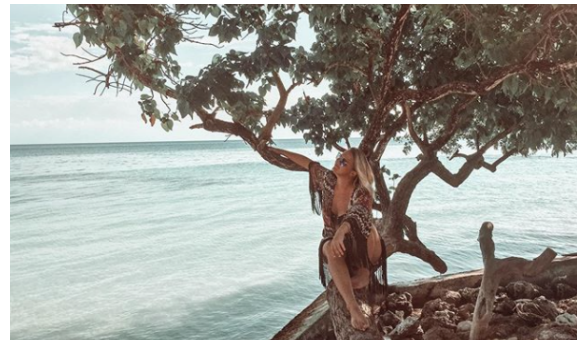
## Hi, I'm Chloe!

Chloe Gosiewski MAC, MFHA, S.A.C Dip. Life Coaching. I am a qualified Travel Coach working with people who are looking to improve their mental and emotional health through travel experiences.

One Way Journey is a travel coaching organisation that focuses on advocating Mental Health Travel and supporting individuals who are looking to use travel as an alternative type of therapy to improve mental health and develop personal development and transformation.

## WHAT IS MENTAL HEALTH TRAVEL?

Mental health travel is an alternative type of therapy. Some people with mental health problems find it helps to use complementary and/or alternative therapies throughout their healing process. Although people have been travelling the world and discovering its healing powers for many years, it has only recently become widely recognised as an alternative type of therapy that can aid an individual with improved mental health and personal transformation. Mental health travel is when an individual leaves their current environment and surroundings for a period of time to go on a journey of self-discovery. The aspiring traveller prepares and plans the experience with the intent of improving their overall health and wellbeing.



## THE GOAL

To help another person to achieve specific travel related goals or results that will ultimately help people to heal, create cross-cultural friendships, expand individual awareness and to protect our planet and all of its inhabitants.



# TRAVELLING WITH INTENT

## BE TRAVEL CONFIDENT

Using a combination of powerful questioning, cognitive behavioural intervention, the psychology of happiness and positivity and grounding techniques, I am able to help my clients to reframe the way they think about their travel plans and desires and boost their confidence leading to transformational and sustainable travel experiences.

I am an experienced traveller who has become familiar with self-discovery and personal development through life changing trips. Having travelled both solo and with others, I have a deep understanding of the ups and downs that you may face throughout your own personal journey and the positive effects it has on a person's growth.

## SERVICES

### Digital Travel Coaching

Digital Travel Coaching is an exciting new generation of online service that combines the best of coaching, cognitive behavioural intervention and travel expertise in one easy to access place.

### One to One Coaching

Travel coaching is a focused area of coaching that aims to help individuals to reach specific travel related goals. Clients can have tailored sessions with a therapeutic and holistic approach with Chloe online via Zoom.

## PREVIOUSLY FEATURED IN:

**Parade**

**METRO**

**happiful**

**BBC**

**RADIO KENT**

**SurreyLive**

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